

Hospice Memorials

Brenda Henry
Patricia Rogers
Theodore Craig
Carol Halvorsen
Doris & Winfried Fettweis
Edna Nichols
Matthew Baltuch

"Your readiness whenever we called will never be forgotten. Thank you for your ministry and may God bless each of you...."
-The family of a hospice patient

Betty Roach
A.F. Roach
Bernard Kerouac
Arlene Kerouac

Dad was so grateful to be able to stay in his home surrounded by loved ones. You helped make this happen. Your work is invaluable and deeply appreciated. ..."
-The family of a hospice patient

"you were all so tender and gentle in the things you did for her...I don't have the words to express how grateful we are...."
-The family of a hospice patient

Dr. Carl Hiller
Mrs. C.D. Kunkel
Jane Revels
Johnie and Lorraine Robinson
Lt. Col. And Mrs. J. T. Hagan III
Rozanne McCotter
Bob and Kathy Carnes
Dr. Kenneth Gibbs
Stewart Smith

"...would like to express our gratitude for the awesome, gentle, kind and compassionate care given...you truly have some God-filled spirits and gentle hands...I am praying that monies are raised and the ground-breaking will happen soon for the inpatient facility....."
-The family of a hospice patient



When you make a memorial gift or donation to CCHD Hospice you are ultimately helping patients and families receive compassionate care when they need it most. These donations go towards supplies, medications and medical equipment that are not otherwise covered. Thank you for choosing Craven County Health Department Home Health-Hospice. Please make the check payable to **CCHD— Foundation**. And mail to:
Craven County Health Department Home Health-Hospice
PO Drawer 12610
New Bern, NC 28561



**Craven County Health Department
Hospice Agency**
PO Drawer 12610
2818 Neuse Blvd
New Bern, NC 28561

Hospice is a coordinated palliative and supportive care (physical, psychological, social, and spiritual) for dying persons and their families. Services are provided in the home by an interdisciplinary team of professionals and volunteers. Bereavement care is available to the family.



Hospice News

Volume XXXIV, Issue 3 Summer 2014
Craven County Home Health-Hospice Agency

Quality Service in Craven County for Over 30 Years

"Before I Die I Want to...."

It's easy to get caught up in the day-to-day and forget what really matters to you.

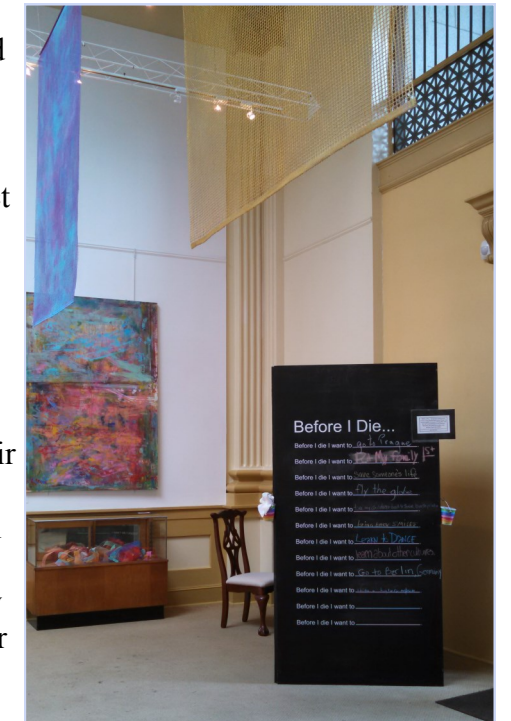
When Candy Chang, artist and urban planner, lost someone she loved very much, she thought about death a lot. This helped clarify her life but she struggled to maintain perspective. She wanted know what was important to the people around her. So with help from old and new friends, she turned the side of an abandoned house in her neighborhood in New Orleans into a giant chalkboard and stenciled it with the sentence: "Before I die I want to _____." Anyone walking by could pick up a piece of chalk, reflect on their lives and share their personal aspirations in public space. People's hopes and dreams made her laugh out loud, tear up, and feel consolation during her own tough times. The wall transformed a neglected space into a constructive one, where neighbors could be understood in new and enlightening ways, have perspective restored, and remember they are not alone.

Inspired by Ms. Chang, Craven County Hospice has created their own project in traveling "Before I die..." boards. Through this sharing of "bucket list" dreams, Hospice hopes to start the conversation on planning for the future, including final wishes, and preparing Advance Directives so that these wishes will be known. Craven County Hospice provides information and tools for the public to talk about their wishes with family, friends and healthcare providers, and executes written Advance Directives in accordance with NC state laws. Advance care planning involves learning about the types of decisions that might need to be made, considering those decisions ahead of time, and then letting others know about these preferences, by putting them

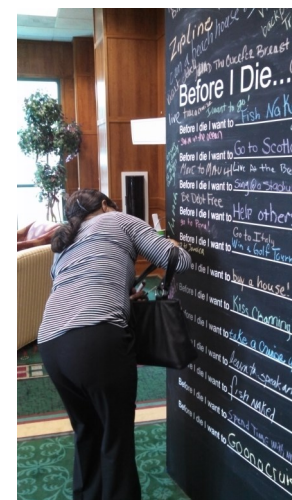
into an *advance directive*. Craven County Hospice hopes to educate many in this quest for making these wishes a reality.

Hospice is about living life to the fullest and being prepared for what lies ahead with comfort and peace of mind. The "Before I Die..." project board, made and donated by *TAB Premium Built Homes*, and stenciled by *3 Guys Signs* was Also partially funded by the Craven County Health Department Foundation, Inc. as a community service. The board will be traveling throughout the county and will be available at various events.

So, if you see the board, why not stop, grab some chalk, and live out loud!



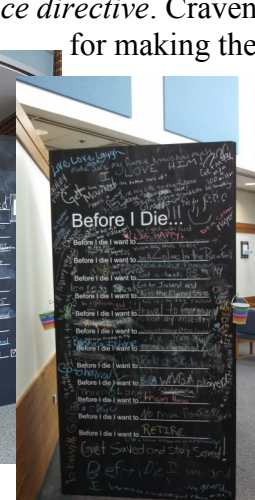
The Boards will be at the Bank of the Arts for *Cogs and Wheels Stories* Project until August 23



First Stop—New Bern Convention Center



N.C. History Center



Craven Co. Health Department

Recipes

Maui Wowie Shrimp

Ingredients

4 lbs. of uncooked medium shrimp, peeled and deveined
¼ tsp Cajun seasoning
1 cup mayonnaise
1 lemon cut into wedges

Directions

1. Preheat outdoor grill for medium heat, and lightly oil the grate.
2. Thread shrimp onto skewers. Add seasoning to mayonnaise. Generously coat both sides of shrimp with mayonnaise and let marinate for 20 minutes.
3. Cook shrimp on heated grill until shrimp are bright pink on the outside and opaque on the inside and the mayonnaise turns golden brown, 5 to 10 minutes. Serve with lemon wedges.

Craven County Hospice would like to print a Hospice Recipe Cookbook that everyone could enjoy. If interested in sending in your recipe, please mail to: Craven County Home Health-Hospice, PO Drawer 12610, New Bern, NC 28561 or e-mail your recipe along with a picture to: jwhitley@cravencountync.gov



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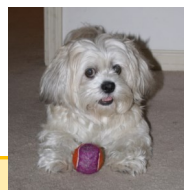
Happenings at Hospice

Craven County Hospice offers free assistance to anyone wanting to complete an Advance Directive-Living Will and/or a Health Care Power of Attorney. Please call 252-636-4930, to schedule a time to complete your Advanced Directive. Look for our “Before I Die” Board around town. What would you like to do, before you die? Hopefully one thing is to complete an Advanced Directive and let your final wishes be known.

Farewell to Ashley Williams, MSW LCSWA and Kim Havens RN. Ashley will be taking a position with Vidant’s Community Care Plan in Greenville and starts mid –August. Kim will be moving to Apex , NC with her husband.

Welcome to Lori Kimball, RN who joins the staff as Hospice Nurse. Lori has many years of Hospice experience and will be a great addition to the team.

Happy Birthday to Beekie, our Pet Volunteer at New Bern Cancer Care. She brings many smiles to patients undergoing treatment at the Center. Thanks, Beekie, and hope you have a great birthday!



Looking Forward



Bereavement Support Group will start September 11 and run for 6 weeks. It will be held at McCarthy Court Apartments and begin at 10:30 am. Pre-registration is recommended but not required. Please contact the office at 252-636-4930 to register. There will also be an evening group, time and dates to be determined. These bereavement groups are open to the public and free of charge.

-Are you interested in becoming a **Hospice Volunteer**? We are looking for dedicated men and women of all ages, who are willing to give of their time and talents, both in patient care and office assistance. We especially need volunteers in the Havelock ,Vanceboro and Cove City areas. If you would like to Volunteer, or need more information, please call 252-636-4930.

Like Check out our Facebook page and check back often -Craven County Home Health Hospice.



There’s No Time Limit On Memorial Gifts. We usually think about making a memorial gifts shortly after someone’s passing. But, memorial gifts hold the power to celebrate a life and give comfort years after the loss. Birthdays, anniversaries, and other special occasions can be difficult when a mother, father, husband, wife, or other loved one is no longer with us. Many donors use these times to make a charitable donation in their memory.

Meet Dr. Fisher

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Dr. Robert Fisher, along with Dr. Sydney Barnwell, serve as the Medical Directors for Craven County Hospice. Dr. Barnwell has been a fixture in New Bern for many years. Some of you might not be as familiar with Dr. Fisher. He is a native of Pennsylvania, graduating from St. Pius X High School in Pottstown Pennsylvania. He started his medical career as a Physician Assistant (PA), graduating from Hahnemann University Hospital, Philadelphia. His drive to bring care to people drove him to continue his studies, completing the MD program at Temple University in Philadelphia in 1995. He completed his residency in Emergency Medicine at the University of Arizona and became Board Certified in Emergency Medicine (2009) and later earned certification in Hospice and Palliative Care (2012). In addition to Emergency Medicine, Hospice and Palliative Care, Dr. Fisher has a “sub-specialty” certification in General Medicine. Dr. Fisher and his wife, Kathy have five children and have been a part of the New Bern Community since 1998. They are active members of St. Paul Catholic Church. Craven County Hospice is indeed privileged to have one of the only Board Certified Hospice and Palliative Care Physicians in our region.

Work is currently under way to incorporate the practice of Palliative Care as a part of the Craven County Health Department. We are honored to have Dr. Fisher as a part of this effort. This truly will add another dimension to the work of the Craven County Health Department in that we will not only be able to offer Hospice for End of Life Care, but Palliative Care can be introduced into a person’s medical treatment while they continue to receive treatment for any life threatening illness or disease they may be fighting. Many do not realize, but all Hospice is Palliative Care, but not all Palliative Care is Hospice. Palliative Care can provide pain and symptom management along with the excellent care the patient is receiving from their primary physician. Anyone who comes into contact with Dr. Fisher will immediately sense his commitment to serve others and of his passion for Palliative treatment for all who need it. His compassion for end of life care has created a climate where everyone who is a patient of Craven County Hospice, receives the highest quality of care possible.

Palliative care (also called **palliative medicine**, **supportive care**, and **symptom management**) is specialized medical care for people with serious illnesses. It focuses on providing patients with relief from the symptoms, pain, and stress of a serious illness—whatever the diagnosis. The goal is to improve quality of life for both the patient and the family.¹Palliative care is provided by a team of doctors, nurses and other specialists who work together with a patient’s other doctors to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment.

In Loving Memory

Nellie Brooks Messina, 88, of Trent Woods died Saturday, August 23, 2014 at her residence. Mrs. Nellie volunteered with Craven County Hospice for 5 years. She made such an impact on our lives and those of our patients that she was named Volunteer of the Year in April. On her application she wrote that her reason for volunteering was to “return God’s blessings to others”. Mrs. Nellie also volunteered with CarolinaEast Medical Center and was very active at St. Paul’s Catholic Church. Nellie Messina was a dear sweet soul and will be greatly missed.

